



Maricopa County

News Release

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East Valley woman dies from flu complications

PHOENIX – An East Valley woman in her 90s died Friday, Oct. 21 from complications of influenza, or the flu. This is the first flu-related death in Maricopa County and Arizona for the 2005 flu season.

The woman was hospitalized Oct. 13 and had a history of previous pneumonia.

“The unfortunate death of this woman serves as a reminder that flu season is here,” said Jacquelynn Meeks, DrPH, Maricopa County Department of Public Health Director.

“As we enter this flu season, I can’t stress enough, ‘Wash your hands, get a flu shot, and don’t go to work or school if you don’t feel well. These precautions will drastically help in reducing flu cases.”

Maricopa County recommends 4 easy safety measures to help prevent the spread of influenza:

- Wash your hands
- Cover your cough
- Stay home from work if you’re ill
- Keep ill children home from school or daycare to prevent the spread of flu to other children

Many providers began dispensing flu shots throughout Maricopa County in September. A list of flu shot providers is available at Community Information and Referral. Call 602-263-8856 or go to www.cir.org for this information.

Go to www.maricopa.gov/flu for more information on the flu and how to protect yourself.

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